



FLOURISH

CREATIVE COUNSELLING & WELLBEING

CREATIVE WORKSHOPS

ROCK PAINTING



£20 - £40



1.5 - 3 Hours



Relaxing and mindful



Keep for yourself or a perfect gift



BEING PRESENT: CREATIVITY

“Mindfulness is having an awareness of what you're sensing and feeling in the moment, without interpretation or judgment.”

Practicing mindful activities such as exploring the arts and creativity can help direct attention away from our busy lives and negative thinking back to engaging with the world around us.

Indian Block Printing is a beautiful activity that anyone can enjoy, producing a hand made item that brings joy in its simplicity. Using responsibly sourced hand-carved wooden blocks from the Indian Block Print Co. you'll create a lasting treasure to keep or share with a loved one.

WHAT'S PROVIDED

- Rocks - selection of natural and painted
- Ideas for you to try
- Paints
- Paintbrushes
- POSCA pens
- Apron
- Paint tray
- Cup of tea and cake!



Top tips for mindful creativity:

- **Pay attention.** Focus on things you can see, hear, smell, taste or touch. For example, the smooth, cold rocks, and the smell of the paint.
- **Take notice.** When your mind wanders, which is just what minds do, simply notice where your thoughts have drifted to. Some people find it helpful to name and acknowledge the feelings and thoughts that come up.
- **Be aware and accepting.** Notice and be aware of the emotions you are feeling or sensations in your body. You don't need to try and get rid of any feelings or thoughts. Try to observe and accept these feelings with friendly curiosity, and without judgement.
- **Choose to return.** Choose to bring your attention back to the present moment. You could do this by focusing on your breathing or focussing on your design.
- **Be kind to yourself.** Remember that mindfulness can be difficult and our minds will always wander. Try not to be critical of yourself. When you notice your mind wandering, you can just gently bring yourself back to your beautiful block printing.

OTHER FLOURISH WORKSHOPS



Basket Painting

Combining a cotton rope basket with the gorgeous colours from Kilim Tapestries, this simple and effective technique could become an obsession! A lovely addition to your own home or as a gift.



Vision Boards

Manifest your personal goals or create a visual representation of a personal vision statement



Paddle Boarding

We all know the healing benefits of water and getting back to nature. In collaboration with Oxford SUP Club we'll combine the two. Starting with a gratitude meditation, you'll then take advantage of either a beginners lesson or river tour for more experienced paddlers.